

Rhythms of Life

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Why can't teenagers get out of bed in the morning? How do bees tell the time? Why do some plants open and close their flowers at the same time each day? Why do so many people suffer the misery of jet lag? In this fascinating book, Russell Foster and Leon Kreitzman explain the significance of the biological clock, showing how it has played an essential role in evolution and why it continues to play a vitally important role in all living organisms. The authors tell us that biological clocks are embedded in our genes and reset at sunrise and sunset each day to link astronomical time with an organism's internal time. They discuss how scientists are working out the clockwork mechanisms and what governs them, and they describe how organisms measure different intervals of time, how they are adapted to various cycles, and how light coordinates the time within to the external world. They review problems that can be caused by malfunctioning biological clocks--including jet lag, seasonal affective disorder, and depression. And they warn that although new drugs are being promoted to allow us to stay awake for longer periods, a 24/7 lifestyle can have a harmful impact on our health, both as individuals and as a society.

作者介绍:

拉塞尔·福斯特 (Russell Foster) 伦敦帝国学院医学系分子神经科学教授，生物节律方面的国际权威。

利昂·克赖茨曼 (Leon Kreitzman) 作家、广播员和未来学家。在本书中，他以一个生物化学家的眼光向人们描述了生物节律的科学本质。

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书评

最近读了两本科普书，一个是说人的，一个是说关于生命节律的科学研究史的，虽然一部分内容比较深奥，看不懂，这个酸那个酸的，但大部分内容都是非常好的。我自己的一些感受，科学研究就是来不得半点虚假，在这个过程中，就是不断的推论在到推翻再到推论的过程，在这个验证推论...

整个书中贯穿了科学研究的心路历程，体会探求真理的乐趣，再加上本人的Background&Current Research Field，看得可谓是酣畅淋漓啊！回想起我们年轻的时候居然还可以在人教版的那些东西里面“鸡蛋里挑骨头”似的攫取从事科学工作的精神支柱，真是又可笑，又佩服。

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